BAR HILL NEWS

Brought to you by the Bar Hill Community Association
March 2023 Issue 643

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BAR HILL SPORTS & SOCIAL CLUB

OUR GUEST CHEF PRESENTS

Chinese Food night

SATURDAY 11TH MARCH

£12.50 EACH

SESAME & GINGER CHICKEN MEATBALLS IN A HOISIN SAUCE, WITH STIR FRIED ORIENTAL VEGETABLES, WATER CHESTNUTS & EGG NOODLES

OR

STICKY SESAME & GINGER TOFU IN A HOISIN SAUCE, WITH STIR FRIED ORIENTAL VEGETABLES, WATER CHESTNUTS & EGG NOODLES

FOLLOWED BY

MANGO & PASSIONFRUIT TART WITH WHIPPED COCONUT & PISTACHIO NUT CREAM

FOOD WILL BE SERVED BETWEEN 7-8PM

GET YOUR TICKETS FROM THE BAR

The Craft Shed/ 5-a-side Chess Event, Page 28

March 2023 Service Timetable

Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)
The Hub is for villagers of all ages as a place to gather & enjoy community!

06-MAR	Coffee Stop, Foodbank, Citizen's Advice & Meet a Parish Councillor	Health & Wellbeing 10:15 -10:45
13-MAR		Carers Café 10.00 - 11.30
20-MAR		Health & Wellbeing 10:15 -10:45
27-MAR		

We are also now a Warm Hub, partnering with Bar Hill Community Association.

WHEN: Every Monday 10am – 12pm

WHERE: The Octagon (opposite Maple Surgery)

WHAT: Are you worried about energy costs, keeping warm, comfortably working from home? The Hub is extending its services to provide a comfortable, warm space to all those who need it. Come along and join us; we look forward to seeing you.

Coffee Stop: Pop in for a coffee, a piece of cake and a chat with friends, old and new!

Foodbank: If you are struggling financially, drop by and let us help you

Citizens Advice: we have 9am and 10am appointments, please either email: **barhilladvice@gmail.com** or, send a PM: Kevin Potts using Facebook Messenger or, phone: and leave your details **0800 088 6522**

Health & Wellbeing: On the 1st and 3rd Monday of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

Carers Café: On the **2nd Monday** of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery.

Our Community Hub…in the community, by the community, for the community!

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BAR HILL COMMUNITY ASSOCIATION

Editorial

March 2023

Welcome to the March 2023 issue of the Bar Hill News!

This month we have an interview with David Ford and Charlie McDowell from Maple Surgery on pages 5 and 6 (ending with an update from Cambs GP Network who are now running the practice).

The Craft Shed are organising an event to support mental health. Details, along with their usual update, can be found on Page 28.

And finally Bar Hill Ladies Book Club will be reading Middle England by Jonathan Coe this month, see Page 8.

See you again next month!

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **chair-of-trustees@barhillca.org**, or call **07814 871752**.

We meet monthly on the second Thursday at 8pm in the Social Club. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhillca.org**

Chair/ Secretary	Andy Pellew
Vice Chair	Laura Chapman
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NOTICES & LETTERS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhillca.org**. Thank you!

FOR SALE (for Happy Hours)

Two WINMAU dartboards. Old but have never been used. £10 each. Contact: **anne@rwp10.plus.com** or **01954780364**.

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Dear residents,

As you should already be aware MKGP+ are no longer running our local medical surgery which has instead been transferred to Cambs GP Network - this is the same provider who currently run Willingham, Over, Swavesey, and Huntingdon Road surgeries. Clearly a very experienced group!

The next meeting of the Patient Participation Group (PPG) for the surgery will be on the 22nd March 2023. The CEO of Cambs GP has already been in touch and has agreed to attend. At that meeting we will ask them to participate in a Village Meeting which will give all patients the opportunity to hear their plans going forward.

Thank you,

Dr D W Ford

Chair of Maple Surgery PPG

8 o'clock club

The 8 o'clock club celebrates our 50th Birthday this year, started in 1973 by a group of young mums to provide a monthly meeting for women of all ages. We meet in the school on the 1st Thursday of the month at 7.30pm. We have speakers, demonstrators, wine & cheese evenings, Christmas dinner, garden party and a birthday party. On Thursday 2 March it is our 50th Birthday party. - members only

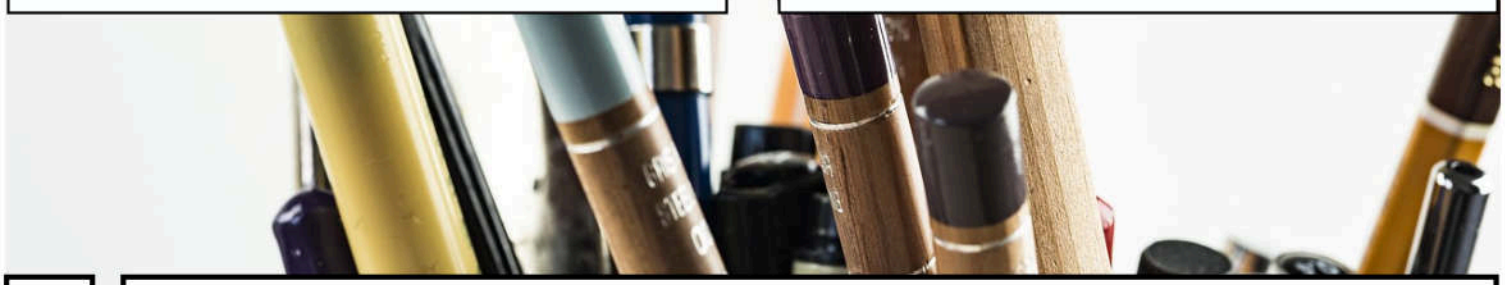
At the moment our fees are £10.00 for the year plus £1 each meeting to cover the cost of refreshments and a raffle.

We look forward to seeing all our members in 2023 and if anyone would like to come for a visit, please feel free to come along to one of our meetings.

If you would like further details, please phone Barbara **204171**, Adela **204265** or Ann **204687**

Hedgehog Fact

The average lifespan of a wild hedgehog is 2 to 5 years, if they have survived the first eight weeks after being born.



The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

Maple Surgery - Our Local GP Practice (Part 1 of 2)

I was pleased to meet up with Derek Ford recently to discuss Maple Surgery. Derek is the Chairperson on the Patient Participation Group (PPG). He outlined the aims of the PPG thus:

- To give patients and staff the opportunity to meet and discuss topics of mutual interest.
- To provide a way for patients to become involved and make suggestions about the healthcare they receive.
- To explore issues from patient complaints and patient surveys, contribute to action plans and help monitor service improvements.

At present there are 3744 patients on roll which provides funding for just one doctor. The roll would need to increase to 4200 to secure funding for two Doctors. Derek feels that local Primary Care does not receive a fair share of funding, that more could be invested by the Cambridge and Peterborough Commissioning Group.

Along with many GP practices, Maple Surgery is struggling to recruit a staff GP. So, at present healthcare is provided by one Locum a day taken from a regular cohort of GPs who come week in, week out providing good healthcare for the village.

I was also contacted by the Practice Manager, Charlie McDowell who told me

"In addition to daily GP surgeries, an Advanced Nurse Practitioner runs surgeries three days a week.

Additionally, Maple Surgery has one Practice Nurse and is supported by our Health Care Assistant and Prescription Clerk. These members of staff can provide immunisations, flu vaccines, chronic disease management and weight management.

The surgery also offers health services across various disciplines. For example, a First Line Physiotherapist Clinic can provide expert insight into muscular and joint pain. There are also clinics offered by our Midwife and Health Visitors.

Finally, we offer a Social Prescriber who helps with the mental welfare of patients. He runs a carers' cafe alongside The Hub in the Octagon on a Monday morning once a month. He is planning to start a walking football team for men.

Derek went on to explain "We are very fortunate to have our own surgery in the village; there are no travel issues to worry about. The Practice provides a good service staffed by a professional and efficient team including a very good Practice Manager."

As with all GP surgeries, things have changed since Covid. Appointments are

Continued on Page 6

Maple Surgery - Our Local GP Practice (Part 2 of 2)

now triaged by phone with a Doctor who will offer a face-to-face appointment if they feel this is necessary.

The Practice is very supportive of the PPG, which meets every two months, they are keen to engage with their patients and listen to criticism whether positive or negative. The group has 14 members at present including our District and County Councillors.

Derek would encourage patients to give feedback after every appointment. This can be provided in writing to the Practice or via a text message. Charlie also emphasised that "Feedback is imperative to continually develop staff understanding and improve the quality of care we provide."

Since our initial discussion, I have received important announcement from Charlie McDowell in relation to a change of service provider at Maple Surgery. I have included the complete notice (from the practice) to the right.

cgpn
CAMBS GP NETWORK

New provider of services at Maple Surgery

From Wednesday 1 February 2023, Maple Surgery will be run by Cambs GP Network Ltd following notification from MKGP+ Limited that it will no longer be able to fulfil its contract at Maple Surgery after 31 January 2023.

We want to reassure you that Maple Surgery will stay open as your local GP practice.

Cambs GP Network Ltd are pleased to provide GP practice services at Maple Surgery, they are an established local GP Federation, who exist to support local practices and their patients. They currently provide a range of NHS services across Cambridgeshire, with a proven track record of delivering high quality, responsive care that meets the needs of their patients.

Cambs GP Network Ltd will hold a 14-month Caretaker Alternative Provider Medical Services contract with NHS Cambridgeshire &Peterborough. During the term of this contract, we will undertake a procurement process to agree a new contract and, once in place, the new provider will take over delivery of primary medical services at Maple Surgery in April 2024.

If you have any specific questions, please email: **maplesurgery.enquiries@nhs.net**

By Bridget Wilson

Bar Hill Tennis Club
2023 AGM

www.barhilltennisclub.co.uk

Some of our members have been playing during the winter and our new Winter Membership has also proved popular.

Why not come and join our Club for some fun tennis or hire a court for casual play.

This year our AGM is being held at 7.30pm on Tuesday 7th March in the Bar Hill Social Club. All members and non-members interested in tennis who want to know more about the Club are invited to attend – if you would like more information please contact Paul Chubbuck.

Just a reminder for all current members that all memberships are due for renewal on 1st April and as usual the court access code will be changed from that date. For 2023–4 membership details will be available on our web site from mid March. There is an active WhatsApp group for members to share information and find playing partners.

We invite all current, lapsed and new members to come along and play on the courts. Please encourage your family, neighbours and friends to come down to our Club social nights to play some tennis. We welcome players of all abilities. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Our Adult Club nights for social tennis are Tuesdays & Thursdays 6.30 to 9pm and Club nights start Tuesday 11th April 2023 (or earlier if the weather permits). We look forward to seeing you!

Paul Chubbuck (Secretary) **07983 435104**
info@barhilltennisclub.co.uk

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Bar Hill Ladies Book Club

Meeting Monthly

Next meeting :Tuesday 14th March – Middle England by Jonathan Coe

Bar Hill Sports & Social Club – 7.30pm

We are a friendly group of ladies who love to read & share our opinions & thoughts.

Please join us , you will be so welcome.

For more details please email **sheilafarrar@hotmail.co.uk** or call/text **07920 558319**

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BAR HILL WARD - DISTRICT COUNCILLOR'S REPORT

COVID-19 vaccine booster

In its interim advice to the government on the COVID-19 vaccination programme for 2023, the Joint Committee on Vaccination and Immunisation (JCVI) has today (25 January) advised that plans should be made for those at higher risk of severe COVID-19 to be offered a COVID-19 booster vaccination this autumn. The JCVI also advised that for a smaller group of people, such as those who are older and those who are immunosuppressed, an extra COVID-19 booster vaccine dose in the spring should also be planned for. Advice regarding the spring 2023 COVID-19 programme will be provided shortly.

Announcement: **www.gov.uk/government/news/jcvi-advises-an-autumn-covid-19-vaccine-booster**

COVID-19 vaccination programme: **www.gov.uk/government/collections/covid-19-vaccination-programme**

Families to receive new cost-of-living payment this Spring

The Department for Work and Pensions (DWP) has announced in Parliament that over eight million families in the UK will continue to receive direct financial support from the government. The first of five cost-of-living payments, worth £301, will be paid into bank accounts this spring. Over 6.5 million people on disability benefits will also receive a £150 payment this summer. DWP has also released a full breakdown showing recipients of cost-of-living and disability payments by council and parliamentary constituency.

East West Rail

East West Rail have recently provided updated information on Local Representatives groups meetings, which can be found by clicking on the following link: **communityhub.eastwestrail.co.uk/lrg**

New NHS 'Feel Brighter' Campaign

'Feel Brighter' is a new NHS campaign that aims to reach out to older people aged 65 and over, who may be struggling with their mental health but don't know where to turn for advice, support and to find out what services are available locally. The new campaign aims to encourage older people who have symptoms such as anxiety, loneliness, or low mood to reach out and access free NHS Talking Therapies and other support to help them feel brighter again. NHS Talking Therapies are effective treatments that involve speaking with an experienced mental health professional to understand feelings and learn ways to manage them. Sessions are totally confidential and can be one-to-one, in a group, online, or over the phone.

To find out more, simply visit the Feel Brighter webpage at **www.cpics.org.uk/feel-brighter**.

Welcome & please contact me if you would like further information, help, or advice
Cllr Bunty Waters - **bunty.waters@ntlworld.com 01954 201421/ 07734 690580**

Bar Hill Church news

Services

Sun 5 March, 10:00 am	Holy Communion (Baptist) led by Revd Paul Hills
Wed 8 March, 10:00 am	Midweek Holy Communion
Sun 12 March, 10:00 am	All Together Worship
Sun 19 March, 10:00 am	Mothering Sunday, Holy Communion (Anglican) led by Revd Jenny Hill
Sun 26 March, 10:00 am	Worship for All
Sun 2 April, 10:00 am	Palm Sunday, Holy Communion (Methodist) led by Revd Barbara Garwood

BAR HILL CHURCH

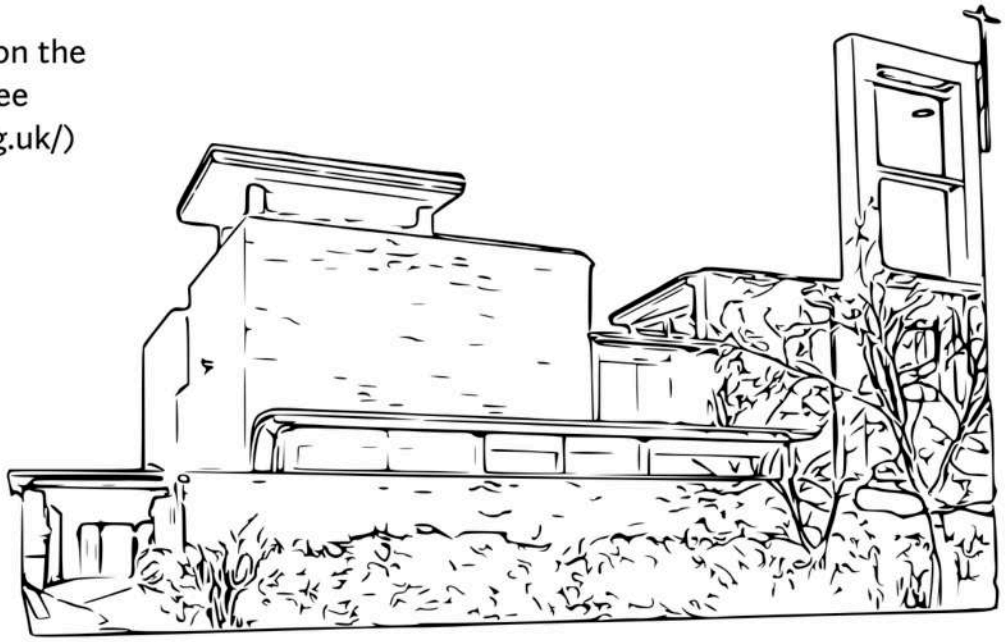
spread the word

All are welcome to the Licensing of Revd Wendy Wale as Minister of Bar Hill Church

Led by the Rt Revd Dr Dagmar Winter

7.00pm Thursday 20 April 2023

and streamed to Zoom on the church's worship link (see https://barhillchurch.org.uk/)



Bar Hill Church Centre
Hanover Close
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Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk

Website: https://barhillchurch.org.uk

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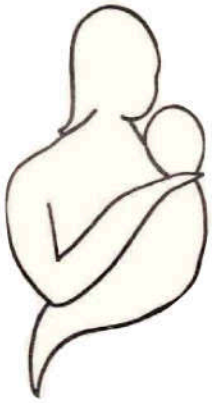
We wish all our customers, supporters and especially all the new Mums a Happy Mothering Sunday and all the very best of health throughout 2023.



We are sharing our extensive catalogue on our facebook page https://www.facebook.com/RosieinStitches/ so you can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family.

Come and see us in person at

Bar Hill Community Market

10.30am to 2pm on

Saturday 4th March and

Saturday 1st April

We have links to other stores on our **www.rosieinstitches.org.uk** website, Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Contact Mary Sanders on **01223 356615**. Further details are given on our website.

Thank you for your continued support.

Stay safe

Avril Williams **01954 782431**

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- Lego Club is monthly, 2nd Wednesday of the month (term time only) 3.30-4.45pm

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Where?

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Book an Appointment:

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HAPPY HOURS - March 2023

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

03-MAR: St David's Day - Welsh theme

10-MAR: Raffle and a Quiz

17-MAR: St Patrick's Day – Irish theme

24-MAR: Celebrating Mother's Day

31-MAR: Bingo and a Quiz

07-APR: Good Friday – celebrating Easter

If you give us a try your first week is free.

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**

Bar Hill Catholic Mass

Celebrating our love of God – Meeting with friends – Volunteering

From 7th January 2023 Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580** who will be happy to help.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - he can be contacted on **07842 190882**.

We look forward to welcoming you!

BAR HILL ROSARY GROUP

Dear All,

Rosary Group meetings have to be postponed until further notice. Nevertheless, this particular uncertain time might be a convenient moment for you to develop a more personal relationship with Jesus and Virgin Mary to find peace of heart. We may help you by giving away rosary beads with instruction on how to start praying. Whether you are new to rosary or not we encourage finding time for a faithful reflection. Please text your address to Agnes (**074 3255 0621**) and the free kit will be delivered to your door (in Bar Hill). God bless you!

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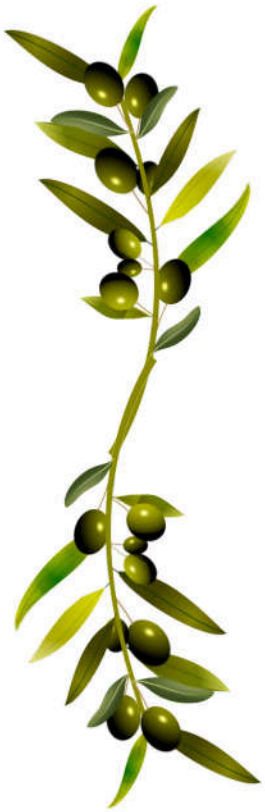
Olive Tree Bereavement Group



Our next meeting for members will be held on Saturday 11th March 2023 at 10.30a.m. The following month is April 15th. Both are held in the Octagon at 10.30a.m.

We will be pleased to see you if you are a regular member, a new member or if you have never been before.

Spring is now upon us. You may find this difficult to cope with, an extra feeling of isolation and loneliness. If this, is you perhaps you will come along and meet people experiencing this too?

This is a very welcoming group where you can talk quite freely and your confidence will be respected. There will be time to share your experiences, listen and have discussion as well as getting to know others in the group, with time for refreshments too.

If you are wondering whether the group is right for you, please phone one of us to talk about it. We welcome all newcomers and would prefer that they arrive at 10.00a.m.on the above dates so that we can explain what happens.

The leaders, who are CRUSE Trained, and members of the group will offer a warm welcome and you will be in the presence of people who have been through loss and understand the particular pain and difficulties that this brings.

For more details telephone Sue Kenchington **780260**, Chris Stannard **781978**, or Maggie Cox **488657**.

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NEIGHBOURHOOD WATCH 1982 - TODAY

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BAR HILL

To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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Bar Hill NWR

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

NWR CONNECTING WOMEN

March 2nd: Speaker (1st woman bomb disposal)

March 16th: Research a woman who was the 1st to discover/create/achieve something

March 30th: Debate: would you choose to go to University today?

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

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COUNTY COUNCILLOR'S REPORT - March 2023

Local Highways Improvement and 20mph schemes

Unfortunately Bar Hill Parish Council did not manage to produce an application for the LHI (Local Highways Improvements) scheme this year. Given it has been unsuccessful in the previous couple of years when it did apply, it is probably a good thing to regroup and consider what to do. However there is soon going to be published the guidelines and application process for the new and expanded 20mph scheme. Applications will be open for 3 months so there is time to develop the proposals. Consultation is an important aspect of all these improvement schemes and that requires some organisation.

Winter road damage

The road network was already in poor condition from being in 'managed decline' for decades and has deteriorated rapidly in winter months. The Council has responded with concentrated effort to fix potholes. There are 8 teams dealing with this and they are also using two Dragon patchers in the rural areas. There have been up to 5000 new potholes found every weekend for several months, and it will take some weeks to fix them. The Chair of Highways has put out the following statement:

https://www.cambridgeshire.gov.uk/news/a-statement-from-the-chair-and-vice-chair-of-highways-and-transport-regarding-potholes

Caring Together in Cambridgeshire

This is a programme which aims to transform the way older people are cared for in Cambridgeshire. They plan to work collaboratively with partners and local communities and the aim is to help people live independently in their own homes for longer. This programme will result in a switch from social care based on county-wide contracts to one in which people living and working in their own communities (micro-providers) will be empowered to support older and vulnerable residents. This will help people remain living in their own homes for longer as well as adding extra capacity to the local care market.

To help make sure they get the programme right, they are inviting residents over the age of 55, or looking after a person over 55, to complete an online survey and are sharing some communications with South Cambridgeshire residents to encourage this. Please help by sharing the survey, which can be accessed by visiting: **https://www.smartsurvey.co.uk/s/36MHL6/**.

If you have any further questions please contact **Graeme.Hodgson@cambridgeshire.gov.uk**.

Budget – this is being debated on 7 February 2023 – more news on this in the next edition.

Cllr Edna Murphy - Bar Hill Division, Cambridgeshire County Council
Edna.Murphy@cambridgeshire.gov.uk, **01223 577005**

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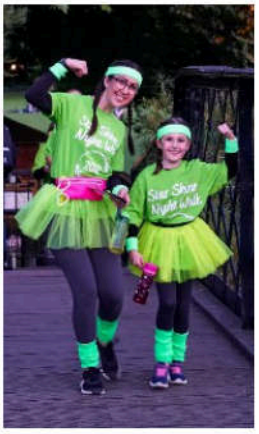
Sparkle at this year's Star Shine Night Walk!



Arthur Rank Hospice Charity's flagship event Star Shine Night Walk is back again! Join in and make the streets of Cambridge glow green on Saturday 13 May.

The 10km fundraising walk has long held a special place in the local community's heart, with many returning year after year to walk in memory of loved ones.

Starting and finishing at the Cambridge Rugby Union Football Club, in Grantchester

Road, walkers can look forward to a celebratory and uplifting atmosphere during this accessible route around Cambridge.

Registration opens in March at arhc.org.uk/ssnw - where you can also sign up to volunteer to make the iconic event a sparkling success.

Become a shop volunteer

If you are looking to give back whilst learning new skills in the company of amazing people, then your local Arthur Rank Charity Shop would love to hear from you. Please see **arhc.org.uk/volunteer**

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Bar Hill Primary School

It has been a busy start to the Spring Term at Bar Hill Primary School. EYFS children are learning about people who help us. To begin their unit of work, as part of their Understanding the World topic, they have been talking about different people who help us and their role in our community, as well as wider society. This week, we focused on police officers and had a visit from PC Griffiths to help us understand more about a police officer's job. The children were very excited about PC Griffiths' visit and shared everything they'd learnt with him, as well as asking lots of brilliant questions. He showed us his police officer uniform, and all the different equipment he uses for his job. We even got to talk to his colleagues on the radio! PC Griffiths talked to us about different types of transport used in the police and shared his experience of being a police dog handler. Our police station role play area has been very popular this week following his visit! We linked our Understanding the World learning with our Expressive Arts and Design lesson by creating footprint police cars. The children found it very funny putting their foot in paint and having a blue foot!

This half term the year 1's have been lucky enough to have Scootability from South Cambs School Partnership. Scootability is a learn to scooter programme specially designed to teach young children 2 ½ to 6 years old the skills to learn to ride a scooter. It promotes the fundamental skill of balance. Through this brilliant activity they are developing skills such as spatial awareness - learning to ride safely and with control around others, Gross motor skills and Sensory motor skills. So far, they have had a brilliant time and have really improved over the last few weeks.

Year 3 & 4 were lucky enough to have a visit from MAGPAS. The children learnt to safely check an unconscious person, phone for help, perform CPR and use a defibrillator. Year 3 and 4 were incredibly engaged and behaved impeccably. They asked some really sensible questions and supported a very insightful discussion. A huge thank you to the volunteers for their time and dedication.

Years 5 & 6 enjoyed a visit from Mexicolore with a fun-filled day learning about various aspects of Mayan life. The children also got the opportunity to volunteer and participate by playing with instruments. A huge well done to the children as they were focused, well-behaved and very eager to participate.

Bar Hill Church Knit & Natter

We are now regularly meeting again in The Octagon from 1.15 pm on Thursday until 3.00 p.m. All are welcome.

As a well established group, we enjoy our knitting and definitely enjoy nattering! Part of our programme now includes some much needed stretching and strengthening exercises aptly led by Wendy and then there is always the tea and cake!

We continue to knit for any charity that requires our output -mostly baby clothes and blankets. We are always very grateful for donations of wool, I would be pleased to collect any you can spare, if you can't make it along to meet us all.

This group is for anyone who wants to make new friends and find out more about what is going on in the village. You will be most welcome to join us.

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Bar Hill Village Hall

The Hall was first built in 1978 for use by the residents of the village as a social centre; a place to meet and to hold educational and recreational classes for the community. This founding principle is the corner-stone of the Village Hall's life today, with hundreds of members of the local community using the buildings every week, including a number of regular hirers based both within the village and the surrounding area.

Facilities and Governance

The site has undergone various small extensions and a complete rebuild over the years to continually improve the facilities such as the provision of WiFi.

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a small Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is a UK-registered charity (number 1002579) and run by a committee of trustees who are committed to the on-going development of the Village Hall's role as a key community facility.

To make a booking, please visit our web site **barhillvillagehall.com** and then email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).

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BAR HILL PARISH COUNCIL

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01954 780456 - **clerk@barhill-pc.gov.uk**, Chairperson: **bunty.waters@barhill-pc.gov.uk**

Please contact the Clerk in the first instance if you have any queries or concerns.

Parish Council Opening Hours

The Parish Council office will be open to the public Monday to Friday 09.30-11.30 Other times available by appointment only.

Correspondence

If you are wishing to contact the Council for any reason, please can you leave contact details so the Clerk can reply to your query with an update.

Winter Tree Maintenance Works

Over the past month you may have seen our contractors working on the many trees and green areas around the village. This maintenance work is carried out at times to avoid disturbing nesting birds and wildlife in the spring and summer. Unfortunately, every year some of these trees have to be cut back hard or felled to maintain the health of the trees, and for safety and insurance reasons.

Trip Hazards

Please can residents check behind their fences for overgrown brambles etc as they can be a trip hazard.

HGVs

Bar Hill Parish Council has been advised by the Police to inform residents to report any dangerous and/or hazardous parking of HGVs within the Village to them via 101 or their website.

Litter Pickers

Bar Hill Parish Council would like to thank the team of volunteer litter pickers who regularly go around the village picking up litter and who help to keep the village clean and tidy

Next Meeting Dates

Full Council Meeting: 16 March 2023

Environment & Amenities Committee Meeting: 01 March 2023

BAR HILL SPORTS & SOCIAL CLUB

Useful Links

Dogs (Fouling of Land) Act 1996 (**bit.ly/bh-dogfouling**) - Environmental Crime (**bit.ly/bh-envirocrime**) - Damaged Street Nameplate (**bit.ly/bh-streetnameplate**) - Reporting issues with roads, paths, street lights, etc.(**bit.ly/bh-highwaysfault**) - Report a non-urgent Crime - (**bit.ly/bh-reportcrime**)

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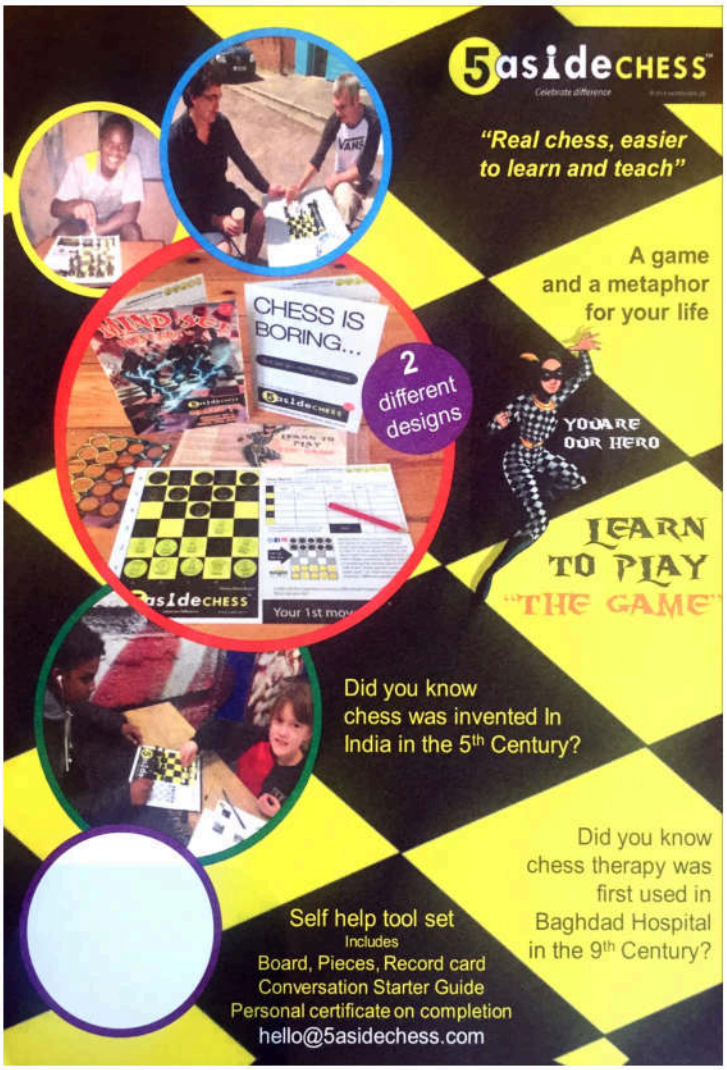
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Crafts Shed Shedders Require New Premises - March 2023

Crafts Shed members continue to meet in the Octagon Meetings Room, on Thursday Mornings from 0930 to 1230. Whilst extremely grateful to the Leadership of Bar Hill Church for letting us do this we still require new accommodation of approximately 60 to 80 Sq Metres. We are working with both the Parish Council and County Council to help find and secure a suitable venue. We believe purchasing a Unit for ourselves will be in the Region of £25K.

Crafts Shed is a Registered Charity supporting our local Community. Many various benches have had a makeover in our village in the Childrens' Playground, Tennis Courts, Allotment Society and also near to the Scout Hut. Other items repaired / upgraded are a Rocking Chair, Garden BBQ Trolley. Harris and Hoole have kindly offered for us to have a small display. Please visit the coffee shop and purchase if you can. If you cannot see what you want then contact those below.

MARCH 30TH IS A SPECIAL MORNING. We are working with another Group from Oakington to play 5asideCHESS. Have you ever played chess? You do not need to be a master or to have played at all. .The Group work with vulnerable people to help to reduce depression / suicide. This is aimed particularly for Men. PLEASE PLEASE COME AND JOIN US FOR A GAME. Tea, coffee and biscuits will be served. Please see advert top-left.

If you are over 18 and would like to come and join us, please contact Chris or Nick below.

If you would like further information please call Chris Stannard **07711 623425** or Nick Gunton on **07484 2555214**

Bar Hill Indoor Bowls Club

After the break due to covid restrictions we are back to playing bowls again.

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

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In February, we have been exploring the theme of 'emotions' and how we express them. We have been listening to a song, which revolves around showing some of our basic emotions; happy, sad, tired and angry. We have also been using our creativity skills to draw and identify our emotions.

We have been looking at two books this month; "We're going on a Bear Hunt" and "Maisie makes lemonade". "We're going on a Bear Hunt" has continued to introduce the children to positional language e.g. "Oh, no! We can't go OVER it and we can't go UNDER it. We'll have to go THROUGH it!", which has been paired with adjoining actions as demonstration. For the book "Maisie makes lemonade", we have based a few of our activities around the fruit. We have squeezed lemons and sliced them, to feel their shapes and textures. We have then used those lemons and mixed them with bicarbonate of soda to make them 'fizz', which was fascinating. We've also made some 'gloop' using lemon scented fragrance (cornflour and water), which the children particularly enjoyed getting sticky with!

After half term, our theme will be moving onto the 'local environment' and the 'people that help us'. For example, Doctors, Dentists, 999 services and other local businesses. We will walk around the village to accompany the theme, while we talk about the local community, so if you happen to see us on our walk, give us a wave!

Interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website www.barhillpreschool.co.uk for an enrolment form.

Children are offered places from the age of two years old. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

The opening hours for Bar Hill Library are:

Monday, Wednesday: 10 – 5pm

Tuesday: 2 – 5pm

Thursday, Sunday: Closed

Friday: 2 – 5pm

Saturday: 9.30 – 12.30pm

We look forward to seeing you there!

Need help with your bus pass?

If you want help applying for a bus pass, or renewing it, drop by Bar Hill Library and we'll help you, including by taking a suitable photo.

If you're applying for a concessionary bus pass for the first time you may need your national insurance number, proof of age or disability, and proof of address. Please see the council website for details (**https://bit.ly/3ztSmX9**).

THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have served to join. We are there to support all ex-service personnel.

This year we have welcomed two new members.

If you would like to join, please either come along to a meeting or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

Our meetings for 2023 will be held in The Meeting room of the Octagon at 7.30pm on the following dates

Thursday 23rd February, Thursday 27th April, Thursday 22nd June,, Thursday 28th September and our AGM will be on Thursday 26th October.

Thanks to everyone's donations and time we reached a total of just over £11,000 for The Poppy Appeal 2022.

We are hoping to purchase a Remembrance bench for the village and are asking for donations towards the cost we already have a few but need more. If you would like to make a donation, please contact Maggie Cox on **01954 488657**. The bench will be in memory of all the Royal Legion members we have sadly lost over last few years.

The April meeting will be on 27th in the Octagon at 7.30pm we will be having a speaker coming to give a talk about how the money raised by the Poppy appeal is used to help people. If anyone would like to come along, please let Wendy Arrowsmith know by phone on **01954 781 381**.

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We look forward to seeing you at our next session

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ANTHONY BROWNE MP NEWSLETTER

Broadway House,149-151 St Neots Road, Hardwick CB23 7QJ

The week of writing, I attended President Zelensky's address to both Houses of Parliament. It was a moment comparable to the most historic occasions in Westminster Hall's storied history.

It is a building that has hosted such freedom fighters as Nelson Mandela, Winston Churchill and, indeed William Wallace. President Zelensky and the Ukrainian people's courage is a reminder that struggles against tyranny are not consigned to history.

It was an honour to hear President Zelensky's speech. I am confident that the bravery of the Ukrainians will win through. Listening to President Zelensky, I was moved to think of the immense generosity of my own constituents. The people in South Cambridgeshire signed up to the Homes for Ukraine scheme in their droves.

In perhaps more prosaic matters, I also spoke this week in the House of Commons on our research and development policy. South Cambridgeshire is a life science superpower, and the R&D tax credits regime is absolutely crucial to our cutting-edge industries.

I know our Government is committed to tackling fraud in this sector and, as a taxpayer, so am I. Nonetheless, it is of paramount importance that we do not throw the baby out with the bathwater so to speak. We need to support our leading industries, so I was delighted when the Chancellor recommitted to the science and technology industry in response to my question

In December 2022, Councillor Waters reached out to me asking what I could do to turn the former Lolworth Services from an eyesore to an asset. I wrote to the Chief Executive of National Highways, the owner of the site, to ask what work they were undertaking to improve the area. I was assured by a representative of National Highways that a security service undertook fortnightly checks of the site, that the site was alarmed and that metal mesh fences protected the sites' perimeter.

Councillor Waters kindly took me to see Lolworth Services for myself on the 3rd February. Fortunately for me, it appears the alarms are not operational as I did not trigger an urgent security response. I was not accosted by a crack team of guards.

Regrettably, I am evidently not the first to visit the site. The residents of Bar Hill will have seen the graffiti on the site, the glass on the ground, the panels falling from the ceiling, the Burger King bins strewn across the ground.

I can affirm that metal fencing does indeed protect the perimeter of the site, albeit horizontally. One assumes this was not by design and must surely have happened within a fortnight of my visit given the regular checks.

I have written once more to National Highways to ask if an employee can visit the site with me to better understand why residents are so frustrated. I would welcome suggestions from the people of Bar Hill as to what we can do for the site that I can put to National Highways.

If you would like to contact me, please email **anthony.browne.mp@parliament.uk**, call my office on **01223 603677**, or alternatively you can follow me on Twitter: **@ab4scambs**

Cambridgeshire Constabulary

More than 80 suspected drink and drug drivers were arrested in December as part of a force crackdown.

We supported a new national campaign by Sussex Police and Surrey Police calling on the public and friends of drink drivers to prevent, persuade and – as a last resort – report them to us over the festive period.

A total of 83 drink and drug driving related arrests were made across the county, compared to 69 in December 2021 – a 20 per cent increase. At least 50 of these were charged and the majority have already been sentenced.

More than 20 motorists lost their licences. They appeared in court and were disqualified from driving.

Throughout 2022 there were 812 drink and drug driving related arrests, compared to 771 arrests in 2021.

PC Nick Southern, Cambridgeshire Constabulary's casualty reduction officer, said: "I hope our work has made drivers think twice about getting behind the wheel while under the influence, and we also aimed to highlight how long alcohol can remain in your system.

"Even a small amount of alcohol can affect your driving ability. If you're drinking, even if you have just one, arrange another way of getting home.

"Our officers can't be everywhere but they could be anywhere, so please don't gamble with your life or your future by drink driving. It's really not worth the risk."

Officers cracked down on drivers while out on patrol and carried out roadside checks across the county, stopping more than 100 motorists.

In addition, a dedicated road policing operation took place on 23 December across the county led by officers from the Beds, Cambs and Herts (BCH) Road Policing Unit alongside local officers.

A day of action to target drink drivers the morning after was held on Saturday 17 December, funded by the Cambridgeshire Police and Crime Commissioner through the Vision Zero Partnership (see **https://s-url.co/OZACAA**).

The Surrey and Sussex Police campaign asked friends to plan ahead for their night out over the festive period, urging them to consider their designated driver, pre-booking a taxi or walking to the venue.

Cambridgeshire Police and Crime Commissioner Darryl Preston said: "I have seen first-hand the devastation caused by people who choose to drink and drive - they not only put their own lives at risk but also the lives of others. My message will always be clear: don't drink and drive."

You can report a drink driver via Cambridgeshire Constabulary's 24/7 confidential hotline: **0800 032 0845**. If someone is in immediate danger, always call 999.

For more information about drink or drug driving, the law and the dangers it can cause, visit the force's dedicated web page: **https://s-url.co/OpACAA**.

Help us catch drivers under the influence
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Creating a safer Cambridgeshire

WILLINGHAM & LONGSTANTON SURGERIES

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NHS

Patient Participation Group (PPG)

The PPG brings together patients, GPs and staff from a GP practice. They meet quarterly to discuss issues relating to their surgery and the services provided to patients. Our PPG is looking for new members from across the patient demographic, particularly volunteers to act as secretary and minute these meetings.

If you are interested please contact the chair Mr Chris Thornhill at **crthornhill@gmail.com**

Zero Tolerance

The Practice takes it very seriously if a member of staff or one of the doctors or nursing team is treated in an abusive or violent way.

All our staff aim to be polite, helpful, and sensitive to all patients' individual needs and circumstances. We respectfully remind patients that very often staff could be confronted with a multitude of varying and sometimes difficult tasks and situations, all at the same time.

Aggressive behaviour, be it violent or abusive, will not be tolerated and may result in you being removed from the Practice list and, in extreme cases, the police being contacted.

The following behaviour is unacceptable:

- Bad language/ swearing at practice staff
- Any physical violence towards any member of staff or other patients
- Verbal abuse towards the staff including verbally insults
- Racial abuse and sexual harassment will not be tolerated within this practice
- Persistent or unrealistic demands will not be accepted. Requests will be met wherever possible and explanations given when they cannot
- Threats and intimidation of any kind
- Causing damage/stealing from the Practice's premises, staff or patients
- Obtaining drugs and/or medical services fraudulently

We ask you to treat your GPs and our staff courteously at all times.

Missed Appointment

In January 2023, 86 patients did not attend their appointment at Willingham and 31 did not attend appointments at our Longstanton Branch Surgery.

This equates to over 32 hours of clinical time lost, which could have been used helping other patients who struggled to get an appointment.

Please cancel your appointment if it is no longer needed.

Test Results

If you have not heard from the practice via SMS within 2 weeks of your blood test, please contact reception for your results. Please be aware some swabs and cultures may take longer to process.

Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Weds 1st March at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE!

Meetings are held on the first Wednesday of every month at Willingham Surgery.

Helping Hedgehogs in March.

Hedgehogs will be waking up from hibernation and will be desperate for water and food.

Now is the time to provide them with cat or dog food and fresh drinking water each night to help them prepare for breeding season.

Please do not give bread or milk as they are lactose intolerant.

Wildlife-Friendly Gardening

Nesting begins for robins, sparrows, black birds and other garden birds who will be seen flying back-and-forth with twigs and other plant debris.

You can help them out by tying bunches of tiny twigs, dried moss, and other stringy vegetable matter near your feeders.

If you haven't put a bird box up yet it's not

too late as birds will be prospecting for nesting sites - often before March these days. They won't get down to laying - those whole nesting species like great tits and blue tits - until we get into April/ May.

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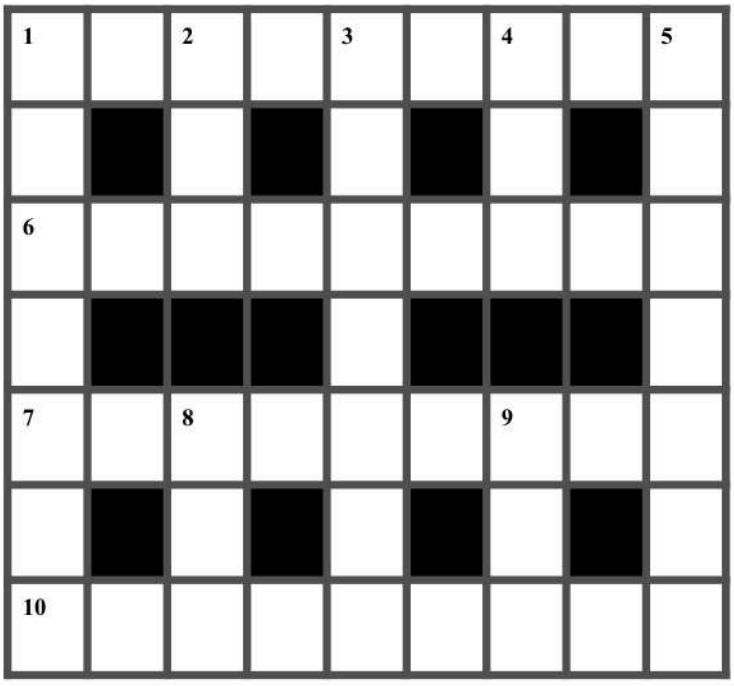

PUZZLE - March 2023

Across:1.1st March is St _____. 6.foolish person. 7.sketchy. 10.they cut to pieces.

Down:-1.sack. 2.energy. 3.less concentrated. 4.small round mark. 5.city on the Hudson. 8.belongs to us. 9.solid water.

Memorial Garden Update - Mar 2023

If you have ventured into the Memorial Garden recently you cannot help noticing the major improvement. The Team now supported by new colleagues undertook a major clear up. There is still more to do.

Unfortunately, many of you may have noticed the deterioration in the sleepers on the exterior of the two flower beds. We plan to replace these in due course. However, this is going to be very expensive. It is hoped to replace with oak sleepers which will last longer. We have looked at Recycled Plastic but as yet they seem more expensive. A provisional estimate is £2500 for materials alone if we remain with wood. Other alternatives such as bricking or using a plastic type material are also being looked at. As soon as we know a more accurate cost, we will issue an appeal.

Should you wish to place a Memorial Plaque then contact Chris Stannard on **01954 781978** or **07711 623425**. Email **c.e.stannard1 @gmail.com**

Bar Hill Community Market

Saturday 4th March

Saturday 1st April

10.30am – 2pm

In the Octagon CB23 8EH

Entry is Free

All profits go to Community/Charity projects

Refreshments all day with Soup at lunchtime.

Cakes. Crafty items for Mother's Day and Easter.

If you wish to be part of the market, please contact Karen Austen 07913923349

Email – bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market

Care Together

Care Together is a 2.9m programme led by Cambridgeshire County Council in collaboration with our partners and local communities. The aim is to help more older people to remain living independently and happily in their own home for longer. It will change the way care and support for older people in the community is commissioned and delivered.

To ensure that it is helpful for you, we would like your participation in answering a survey: **smartsurvey.co.uk/s/36MHL6/**

If you do not have access to the internet, please call **01954 286 002** or **07771 545 674** Monday – Friday between 9am – 2pm.. Please leave a contact number if asked to do so. Outside of these hours paper copies can be requested via the email **care.together@cambridgeshire.gov.uk**.

BAR HILL POST OFFICE

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Bar Hill Allotment Society

It is a lovely sunny February day as I write this article. A time when allotmenteers start planning what to grow and scanning seed catalogues. What will I grow this year? What can I try that's new? Will I dig or try the No Dig method? It's quite exciting!

Nothing beats the thrill of new shoots poking through the (well prepared) soil. The prospect of tasty food straight from your allotment. The delight of raspberries and strawberries picked straight from the plant. Allotmenting is a joy. Hard work sometimes, with occasional disappointment, but that's half the fun. Owning an allotment brings new friends. It's great therapy. Cheaper than going to a gym! Visiting wildlife is another bonus.

The BHAS has a very active committee. Much thought is going into reducing plastic and chemicals on site, saving water too. Some social activity is planned. Sadly the plot is occasionally visited by vandals but the Police are aware, as is the council.

If you've been thinking of renting an allotment then come and join us. We currently have a few vacant plots. We are fortunate to have water on site. Small sheds and small polytunnels are allowed. If you are new to growing, there is always someone willing to help or advise.

Email the secretary if you are interested in having an allotment, or just want more information.

barhillallotment@gmail.com

Over Day Centre - Some Events for 2023

To help the Over Day Centre raise £50,000 towards solar panels and solar-powered bathing for clients, amongst other events, the Day Centre is planning to hold again in 2023 two very popular days :

The 5-pub Challenge and **The Bike Rides**

Sunday 14th May **Sunday 25th June**

The 5-pubs, 12 mile walk, will have the usual watering-holes of Pike & Eel, Needingworth; The Ferryboat, Holywell; The Three Tuns, Fen Drayton; The White Horse, Swavesey; and the Community Centre, Over.

The Bike Rides will again have a choice of fully route-marked rides : 100km, 50km and family routes; and after-rides social at the Community Centre, Over.

Willingham Wheels are also organising a 'Sofa-to-50k', 8-week training programme, for novice riders to gradually increase their distance, culminating in the 50km ride. For details, please contact Nigel at sofa250k@outlook.com.

Further details will be published soon but in the meantime please add the two event dates to your diaries.

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